



Fall Prevention

Maintaining Independence

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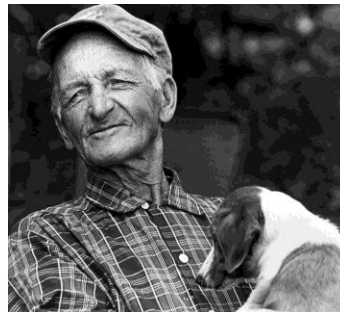
Colorado Department of Human Services

Covered Today

- Background
- Fall Prevention
- *A Matter of Balance*
- Colorado's Approach
- Q & A

State Unit on Aging

- Provide services to older adults in need
- Allow older adults to stay in their own homes
- Improve or maintain quality of life
- Maintain independence
- Administer the Older Americans Act Programs



Mission

To help older people retain their dignity and independence and remain in their own homes and communities through a comprehensive, coordinated, and cost-effective system of HCBLTC.

Some Services Provided

- Home Delivered Meals (aka Meals on Wheels)
- Transportation
- Family Caregiver Services
- Legal Services
- In-home Services (Personal Care)
- Evidence-based Programs
 - Chronic Disease Self-Management
 - Physical Activity
 - Medication Management
 - **Fall Prevention**

What do we know about falls?

- Up to 30% of community dwelling adults fall each year
- About 20% of falls cause physical injury
- Falls are a leading cause of injury and death for older adults

What do we know about falls?

- 1/2 to 2/3 of falls occur around the home
- A majority of falls occur during routine activities
- Falls usually aren't caused by just one issue. It's a combination of things coming together.
- A large portion of falls are preventable!

Colorado Stats

- Leading cause of injury death in those 65+
- Average of 400 Coloradans aged 65+ die from a fall-related injury yearly
- >10,000 hospitalized for nonfatal injuries yearly
- Hospitalization costs total more than \$263 million annually for fall-related injuries
- Only 28% were discharged home after their hospitalization – most required transfer to rehab, SNF

Addressing the Problem

Evidence-based Fall Prevention Programs

- Programs that have been proven effective
- ‘Stamp of Approval’
- We know they work
 - Research
 - Outcomes
 - Publication



MANAGING CONCERNS ABOUT FALLS

Fear of Falling

- 1/3 to 1/2 of older adults acknowledge fear of falling
- Fear of falling is a risk factor for falls
- Fear of falling is associated with:
 - *Decreased satisfaction with life*
 - *Increased frailty*
 - *Depression*
 - *Decreased mobility and social activity*

What is A Matter of Balance?

A Matter of Balance is a program:

- based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University
- designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls

A Matter of Balance: Managing Concerns About Falls

During 8 two-hour classes, participants learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

A Matter of Balance: Managing Concerns About Falls

What Happens During Classes?

- *Group discussion*
- *Problem-solving*
- *Skill building*
- *Assertiveness training*
- *Exercise training*
- *Videos*
- *Sharing practical solutions*

A Matter of Balance Outcomes

Participant Outcomes

- 97 % - more comfortable talking about fear of falling
- 97 % - feel comfortable increasing activity
- 99 % - plan to continue exercising
- 98 %- would recommend A Matter of Balance

* % who agree to strongly agree

Comments:

I am more aware of my surroundings. I take time to do things and don't hurry.

I have begun to exercise and am looking forward to a walking program.

I have more pep in not being afraid.

Participants Report

- Increased confidence in taking a walk, climbing stairs, carry bundles without falling
- More confidence that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall
- An increase in the amount they exercise on a regular basis
- Fewer falls after taking MOB

Who could benefit from A Matter of Balance?

Anyone who:

- is concerned about falls
- has sustained a fall in the past
- restricts activities because of concerns about falling
- is interested in improving flexibility, balance and strength
- is age 60 or older, ambulatory and able to problem-solve.

Why Colorado **LOVES** A Matter of Balance

Interested in Implementing A Matter of Balance in your Community?



MANAGING CONCERNS ABOUT FALLS

http://www.mainehealth.org/mh_body.cfm?id=432

Questions?

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people who help people